ECEC Families:
Welcome to the Summer 2013 program at the Early Care and Education Center. For some of you this may be your first summer in Laramie. Most of us who have lived in Laramie for a while truly look forward to the summers here. Mild weather, blue skies, and lots of fun outdoor activities are what make this town a special place. We have included in this newsletter some ideas of things to do over the summer with your families. In addition, we have also included a page with all of our summer interns. In particular, I am fortunate to have two administrative interns this summer; MaceyJo Johnson and Sarah Yeik will be spending the summer helping out at the front desk as well as in the rooms. I look forward to having them here and please be sure to stop by the front desk and say hello to them. Even though our summers tend to go by quickly, we are hoping to slow things down here a bit and take time to explore the immediate community. We are enjoying watching construction that seems to be surrounding us with the hospital renovations as well as the new UW Welcome Center going up. Most rooms will be taking many field trips around the campus and neighborhood area. As always, we encourage you to come along to any of our field trips or just take some time to take a break from work or classes to come hang out with us and enjoy the weather. If you have any questions about any activities this summer, please be sure to let us know. Tracy, Nikki, Sarah, MaceyJo and I are all here to help. Thanks for all you do to make our program a great place to be.

- Mark

Meet the Summer Interns

My name is Sarah Yeik and I am an administrative intern here this summer. I am majoring in Professional Child Development in the Family & Consumer Science Dept., and plan to graduate this December. I enjoy going horseback riding with my husband, reading, and visiting with family. I look forward to meeting all the families and children here at the ECEC throughout the summer!

My name is MaceyJo Johnson and I am from Star Valley, WY. I am also an administrative intern at the ECEC this summer. I am majoring in Professional Child Development and I will graduate at the end of this summer semester. I love being outside and spending time with my family. I have always loved children and I am excited to get to know the kids at the ECEC.
Meet the Summer Interns

My name is **Tyler Gonzalez** and I am the intern in the P1 classroom this summer. I am a Wyoming native and I am entering my senior year this fall. I am majoring in Human Development and Family Sciences with a minor in Early Childhood. I love sports and spending time with my family. Learning with children is one of my favorite things and I am so excited for this summer!

My name is **Whitney Lindt** and I was born and raised in Colorado Springs, Colorado. I currently am going into my last year at the University of Wyoming. On top of working at the ECEC, I also work at Half Acre Gym as a facility supervisor. I look forward to planning some fun field trips for your children this summer.

My name is **Ben Lebeda** and I will be interning in the Toddler 2 classroom this summer. I am studying Elementary Education with a Minor in Early Childhood Education and I will be student teaching in the upcoming spring semester. I am enjoying my opportunity to build deeper relationships with the wonderful people of T2.

My name is **Alison Stuemky**. I grew up in southern Colorado in a small town called Del Norte. I recently graduated with a bachelor of arts in Elementary Education. I plan on remaining in Laramie to pursue a career in Elementary Education or Early Childhood Education.

My name is **Mandy Toll** and I am the morning intern in P2, Linda’s classroom. I am majoring in elementary education and minoring in early childhood. I grew up in Boulder, Colorado and during my free time I love to ride horses. I have already had so much fun during my internship interacting with students in the classroom and outside. I am very excited to see what this summer has to offer us at the ECEC!

Hi! My name is **Katie Clegg** and I am interning this summer in the Toddler 1 classroom. I am a Professional Child Development major in the Family and Consumer Science department and will be graduating this Fall while living in England. I love the outdoors, traveling, fishing, climbing, and playing with all the children here at the ECEC!
**Classroom News**

**Infant Room: Michelle**

We have some new friends joining our class this summer, as well as some "old" friends leaving us. The children have all made the transition fairly easy and we are excited to see new relationships form. The older children have been really interested in babies for awhile now, in all aspects, and so having real babies in our classroom has been really fascinating.

Due to the amazingly nice weather we have had, minus the wind :), we have been spending lots of time outside. We enjoy going on long walks, running in the field behind the track, exploring in the sandbox and riding bikes. We have started exploring water using many different tools and objects. The children always enjoy water play and we are looking forward to exploring it using our whole bodies! If you haven't already done so, please bring in a swim suit, swim diapers and towel for your child. Thanks!

As always, we invite each of you to come "hang out" and explore with us!

**Toddler Room 1: Christy**

Toddler 1 has always enjoyed the element of surprise. As the weather has been warming up we have been taking this passion outside of the classroom on various bug hunts. The children are big adventurers who are eager to dig in the dirt or lift rocks and stumps to see what might be living there. We haven’t found much thus far, but we are looking forward to seeing what other creatures emerge from their homes as summer continues.

**Toddler Room 2: Crystal**

Hello from Toddler 2!

We have been enjoying the weather! We have been going on a lot of walks since we have been confined to indoors for so long. We will be going on many more adventures since the weather is great! We will visit places such as the dinosaur museum, the bug museum, conservatory, tennis court, etc. We also have some plans to visit parents at their jobs, but they much work within walking distance. We expand on our sense of community. Have a fun summer!
Classroom News

Preschool Room 1: Jaclyn

In Preschool 1 we have taken a huge interest in all of the construction that has been going on around our school! Across the street they are building an addition on the hospital and in front of our school they are adding a sidewalk. We have jumped right in and started exploring construction gear, tools, and methods of building with different materials! We would like to dig deeper into what’s behind the walls of buildings. Our areas of interest are currently pipes and electrical wires!

Preschool Room 2: Linda

P2 curriculum over the summer includes gardening, water fun and adventures over to the campus as well as planned activities to accomplish the Wyoming Early Readiness Standards. The trees at the ECEC are too small to climb so on many of our adventures we take time to climb the trees.

Preschool Room 3: Stephanie

We are on a great Summer Adventure. Our class has expressed a new found interest in taking adventures. This summer we are gearing up for lots of learning explorations. Some of these include a trip to the planetarium, the police station, The Transportation fair and many more. Our interest in the world around us will drive our investigations! Grab your binoculars, we are set for a summer full of learning and fun!

School-Age Room: Shauri, Jayde and TJ

We are so excited for the summer and to get outside. We have a whole new staff for the summer Shauri, Jayde and TJ. We have been doing some exploring in both the classroom and the outdoors. We have tried to do a little bit of everything, reading and comprehension, arts and crafts, and of course going on adventures. The students have been reading at least 20 minutes a day and been working with me on comprehension. When we go on our adventures outside the kids like playing games and discovering new things. Some of our students have started collecting rocks, different plants and whatever else they can find. It is always fun to see where their imaginations take them.
Family Fun in the Laramie Sun!

Laramie Recreation Center

- Bicycle riding skills: Beginning bicycle safety and safely riding in the community
- *NEW!* Roller Skating, Roller hockey
- Kid’s Night Out
- Summer clubs
- Little Kickers (soccer program)
- Little Sluggers Beginning Baseball

Also offering adult activities!

See Laramie Parks and Recreation Summer 2013 Guide for more information (find a link to the summer guide at www.cityoflaramie.org).

Swimming:
- Outdoor pool open Mon-Sat 11-6:30 p.m., Sun 12-6:30 p.m.
- Undine Park Splash Pad
- Washington Park Wading Pool, open 7 days a week, 12:30—4:30 p.m. (weather permitting)

Youth Activities:

LaPrelle Park

Children 13 and under can fish at Huck Finn Pond during the summer months. This is a great way for kids to learn how to fish in a safe and supervised environment. The Annual Huck Finn Fishing Derby will be held here on July 27 from 10 a.m. to 2 p.m., with lots of fishing and prizes!

Freedom Has a Birthday

In conjunction with Jubilee Days, celebrating the 4th of July with a variety of activities, games and vendors for all ages in Washington Park.

Laramie LOCO Market

Join the community every Thursday afternoon from 3-7 p.m. at Undine Park for locally grown produce, crafts and fun! Find more information at laramiecommunitymarket.org.

Laramie Farmer’s Market

From July through September, every Friday afternoon three blocks of Grand Avenue are blocked off from 3-7 p.m. for vendors of produce, crafts, etc. More information is available at laramiefarmersmarket.com.

Events Around Town

Arts in the Park

August 17 from 11 am to 4 pm at Undine Park. Events include music and art performances, a juried art show, art activities for children and

Celebrating Wyoming

all ages. See a complete schedule and list of activities at www.laramiejubileedays.com.

Cheyenne Frontier Days, July 19-28, 2013

“The Daddy of ’Em All!” Not only does Cheyenne Frontier Days bring in several large entertainment acts, the celebration also offers a variety of family-friendly activities. From the vendors and displays in the Old Frontier Town and Indian Village, to the free pancake breakfasts and parades, to the bright lights of the carnival midway, there is something to delight all members of the family just a short drive over the mountain in old Cheyenne. For a complete list of activities and schedule of events, please visit www.cfdrodeo.com.
Summer Recipe Corner

Blueberry Smoothie

1/2 cup water or coconut water
1/2 cup plain low fat yogurt
1 cup fresh or frozen blueberries
1/2 overripe banana, peeled and sliced
2 ice cubes

- Put all ingredients in a blender and blend on medium until mixture is smooth, about 2 minutes.

Blueberries are an amazing brain food. Studies have shown that just half a cup a day keeps brain cells healthy and your memory strong. Blueberries are also rich in antioxidants.